

How to Make Your Holiday Traditions Healthier



Instead of this...

When Baking:

- Butter
- Sugar
- Whole milk or heavy cream
- White flour
- Chocolate chips or candies

When Cooking:

- Butter
- Salt
- White breads and pastas
- Fried Foods
- Whole milk and heavy cream

Beverages

- Heavy cream or whole milk in dairy-based drinks
- Added sugar to cider

Try this...

When Baking:

- Equal parts cinnamon-flavored, no-sugar added applesauce
- Use a lower-calorie sugar substitute
- Substitute low-fat or skim milk
- Use 1/2 white and 1/2 whole-wheat flour
- Use dried fruits, like cranberries & cherries

When Cooking:

- Vegetable and olive oils
- Use herbs and spices, like rosemary & cloves
- Use whole-grain breads & pastas
- Bake, grill or steam vegetables and meats
- Substitute low-fat or fat-free/skim milk

Beverages

- Use low-fat or skim milk
- Use spices & fruit, like cinnamon, cloves, and cranberries